

**Revised 10 January 2007**

**The following Programs that assist soldiers and their families in Minnesota are compliments of Minnesota Army Reserve Ambassador's Tom Haugo, Al Ruvelson, and Jim Lundell.**

**Corrections or additions please email me at [thaugo@bachmans.com](mailto:thaugo@bachmans.com) or call me at work at 612-861-7677**

**NOTE \*\* red indicates change/new since 10 January 2007**

### **Mary Pawlenty's First Lady Military Family Care Initiative**

If you are a member of a service organization, community organization or faith-based organization and want to provide volunteer services to the families of military personnel during this time of separation from their loved-one, you have come to the right place.

<http://www.governor.state.mn.us/firstLady/flmain1.asp>

### **Minnesota Veterans website (New as of 15 December 2006)**

#### **"One Stop Website" for Minnesota veterans now online**

Education, Benefits, Employment, Medical resources and information on new web site ~

St. Paul – Minnesota veterans now have a “One Stop Web site” for information about education, medical, employment, and other benefits.

The Minnesota Department of Veterans Affairs announced that the new site features links and information from sources that provide goods and services to veterans and their families. The various programs span dozens of agencies across state, federal and local governments as well as private and non-profit organizations.

“We are committed to ensuring that veterans, their dependents and survivors receive the full measure of benefits and services to which they are entitled,” said Clark Dyrud, Commissioner of Veterans Affairs. “This new Web site consolidates important information geared toward helping veterans in one easy to find location.”

Information concerning military retirement, state and federal benefits, as well as education and pending legislation are just a few topics that can be found on this new site.

Governor Pawlenty proposed the Veterans One Stop Website as part of his comprehensive military and veterans support legislative package earlier this year.

**Jan 8, 2007 - [Governor unveils \\$74.8 million Military and Veterans support package](#)**

<http://www.minnesotaveteran.org/news/2007/Governor8Jan07.htm>

**Jan 3, 2007 - [\\$59 per month credit for Military Service in a Combat Zone](#)**

<http://www.minnesotaveteran.org/news/2007/Governor8Jan07.htm>

The website is located at  
[www.minnesotaveteran.org](http://www.minnesotaveteran.org)

### **Operation Minnesota Nice**

Provides packages and cell phone minutes to deployed soldiers

<http://www.operationminnesotanice.com/>

**Minnesota Military Family Foundation 763-544-2255**

Provides community-supported funds to soldiers and their families as grants or loans to Minnesota Military Families of deployed soldiers that need a little help.

<http://www.minnesotamilitaryfamilyfoundation.org/>

**Minnesota Military Appreciation Fund 1-877-668-4269**

MMAF is a state-wide fund raising initiative by the citizens of Minnesota for Minnesota Military personnel and their families. Founded by area business and community leaders, MMAF calls upon citizens to show support and appreciation for the sacrifices by Minnesota Military personnel deployed in combat zones such as Iraq and Afghanistan since September 11, 2001

MMAF shows our troops how much we appreciate their service by providing cash grants to all soldiers, and to the families of soldiers killed in combat. It shows the nation we are a proud state dedicated to our troops.

\$5,000 awarded to families of those killed in combat

\$2,000 to \$10,000 awarded to all Purple Heart recipients. The amount varies according to the severity of injury.

\$250 awarded to all Minnesota military personnel who served in a combat zone.

A second \$250 grant will be awarded if fundraising goals are met.>

MMAF P.O. Box 2070, Minneapolis, MN 55402

<http://www.thankmntroops.org>

**Support Our Troops**

Provides listing of programs to assist soldiers

<http://www.defensealliance.com/support.html>

**Support Our Troops License Plates**

Provides deployed soldiers grants up to \$2000.00 annually for assistance during periods of financial hardships through the sale of vehicle license plates available to all Minnesotans. Cost is \$48.50 of which \$30.00, half goes to veterans and half goes to deployed soldiers and their families. The license is red, white, and blue with a Bald Eagle and American Flag. Support Our Troops license plates available for cars, light trucks & motorcycles.

<http://www.dps.state.mn.us/dvs/>

**88<sup>th</sup> Blue Devil Association**

Nonprofit 501 (c)(3) organization that provides financial assistance for the soldiers in the 88<sup>th</sup> RRC and their families in the 6 state region of the 88<sup>th</sup> RRC to include Minnesota. Requests for assistance are identified through the chain of command and the 88<sup>th</sup> RRC Family Support Program. The Blue Devil Association approves the financial assistance and provides the funding. Contact the 88<sup>th</sup> RRC, DCS, G1 Chaplain's office: attention

MAJ. Kathleen Couillard at 612-713-3082.

<http://www.bluedevilassociation.org>

**Minnesota Family Assistance Centers 1-888-234-1274**

Minnesota National Guard has set up 11 FAC to provide information source for TRICARE, DEERS, points of contact for legal & pay issues, financial counseling/training, points of contacts for community support, emergency assistance coordination, site for family communication, support/mentor Family Readiness Groups

<http://www.dma.state.mn.us/familyprograms/soldierfamilyasst.htm>

**Minnesota Proclamation May is Hire A Veteran Month**

Governor Proclaims May "Hire a Veteran Month". Governor Tim Pawlenty signed an official proclamation declaring May as "Hire a Veteran Month."

<http://www.deed.state.mn.us/news/release/2005/wd02May05govern.htm>

**Veterans Employment Services 651-296-1194**

Minnesota Department of Employment & Economic Development

<http://www.positivelyminnesota.com/>

<http://www.deed.state.mn.us/veterans/vso.htm>

**HireVetsFirst**

The HireVetsFirst website will direct you to one of more than 2,000 one-Stop Career Centers nationwide. While you 're there, watch a video about how easy it is to hire veterans

Log on to [www.HireVetsFirst.go](http://www.HireVetsFirst.go) and click Hire A Veteran Now! Enter your zip code and the One-Stop Career Center nearest you will come up

Call the number listed and ask for Local Veterans Outreach Program specialist or Disabled Veterans Outreach Program specialist. They will be ready to assist you in making connections with highly trained veterans.

<http://www.HireVetsFirst.gov>

**America's Job Bank**

America's Job Bank (AJB) is a component of the One-Stop Career Center network. Here you can post job listings, create customized job orders and search resumes to find veterans highly trained in all types of skills

<http://www.ajbo.org>

**USAJOBS**

USAJOBS, created by the U.S. Office of Personnel Management, is the official job site of the Federal Government. Here you can create and post job listings for positions with the Federal Government as well as search for veterans.

<http://www.usajobs.opm.gov>

### **Minnesota Department of Revenue**

#### **Credit for Military Service in a Combat Zone** (September 11, 2001 – December 2006)

The credit is equal to \$59.00 for each month of service. For information and assistance completing Form M99 or Form M99-D, call 651-296-3781 or email

[indinctax@state.mn.us](mailto:indinctax@state.mn.us) Forms are available in November 2006 call 651-296-4444 to have the forms mailed to you or go to website to download a copy.

<http://www.taxes.state.mn.us>

### **Comfort for Courage**

Veterans Transition Center at the University of Minnesota is first of kind resource center for returning student vets, and was founded by Comfort for Courage, Minnesota's up and coming student-based organization that supports our nation's heroes.

<http://www.comfortforcourage.org>

### **Armed Forces Service Center (AFSC) @ Minneapolis/St Paul Airport**

Volunteers staff the center 24 hours a day, seven days a week, 365 days a year. It is privately funded by donations from military and veterans' organizations. The mission of the AFSC is to provide assistance to traveling active duty soldiers at the Minneapolis/Saint Paul International Airport. The AFSC provide snacks, beverages, sleeping facilities for both men & women soldiers, big screen TV, internet access and fax support, cell phones, magazines and books for reading while the soldiers wait for connecting transportation. In addition, the volunteers meet wounded warriors and redeploying soldiers at the gates providing them with MN Twin baseball hats, snacks and welcome home cake. To donate funds or to volunteer call 612-726-9156 or email:

[DebraLCain@aol.com](mailto:DebraLCain@aol.com)

<http://www.mnafsc.org>

### **USA4MilitaryFamilies**

Many issues surrounding quality of life and family well being can only be addressed by states. Much progress has been made on several of these key issues. Currently, efforts are being focused on spouse employment, including unemployment compensation for transferring military spouses, in-state tuition allowances, financial readiness, education, and the pressing needs of severely injured Service members and their families. Many state leaders share our concern for the welfare of our Active Duty, Guard, and Reserve service members and their families living within their borders, and we look forward to making significant progress in 2005-2006.

Resource Information

### Organizational Links

[States](#)  
[Federal Agencies](#)  
[Nonprofits](#)  
[Industries](#)  
[DoD](#)  
[Army](#)  
[Navy](#)  
[Marine Corps](#)  
[Air Force](#)  
[Coast Guard](#)  
[National Guard](#)  
[Reserves](#)

### Information About Families

[Active Duty Families](#)  
[Guard and Reserve Families](#)

### Resource Information

[Family Centers](#)  
[Military OneSource](#)  
[Personal Finances](#)  
[Adult Education](#)  
[K-12 Education](#)  
[Child Care](#)  
[Exceptional Family Member](#)  
[Spouse Employment](#)  
[Deployment Support](#)

### Administrative Resources

[Collaboration Suite](#)  
[Regional Coordinator Forum](#)

<http://www.USA4militaryfamilies.org>

### **Military One Source (USER ID: military / PASSWORD: onesource) 1-800-342-9647**

Provides 24/7/365 information to soldiers and their families. Military One Source is a virtual extension of existing installation services. Provides assistance in parenting & child care, personal & family readiness, education, midlife & retirement, disability, financial, legal, everyday issues, work, health, emotional well-being, addiction & recovery. Counseling service available by phone or in person in your local community. Grief, marital issues, stress, and adjustment to deployment are available at no cost to soldier and their primary family members. Up to 6 counseling are free per family member.

One can also subscribe to the Military One Source Newsletter.

New feature: Currently providing TurboTax service at no cost to the soldiers by the Department. Of Defense. Log on to access your W-2's at

<http://www.mypay.com>.

<http://www.militaryonesource.com/>

### **Operation Child Care 1-800-424-2246**

Operation Child Care in partnership with the National Association for Child Care Resources and Referral Agencies (NACCRRA) offers up to six hours of free reunion care Schedule on line at [www.childcare.org](http://www.childcare.org) or call 1-800-424-2246

National Guard and Reserve Members: The childcare community is ready and eager to support you and your family by providing volunteer childcare services. If you've returned home (or if your spouse will be returning home) from Operation Iraqi Freedom or Operation Enduring Freedom for two weeks of R&R leave, you are eligible to receive a minimum of six hours of free childcare.

<http://www.childcareaware.org>

### **The Military Child in Transition and Deployment**

Sesame Workshop and Wal-Mart Stores, Inc. with additional support from the New York office of Mental Health (NYSOMH) and Military Child Education Coalition (MCEC), have partnered to produce a new project, **Talk, Listen, Connect**. These bilingual kits will help military families and their young children cope with feelings, challenges, and concerns experienced during various phases of deployment: pre-deployment, deployment and homecoming. The kit includes:

- Sesame Street DVD
- A parent/caregiver magazine
- A Children's Activity Poster.

Please visit [www.sesameworkshop.org/tlc](http://www.sesameworkshop.org/tlc) to request your FREE kit or download all the materials! Distribution provided by the Department of Defense through Military OneSource.

<http://www.militarystudent.dod.mil/>

### **National Association of Child Care Resources & Referral Agencies (NACCRRA)**

A Department of Defense initiative to support the childcare needs of parents who are activated or deployed.

-Helps eligible families locate options in local communities.

-Reduces child care fees of eligible families who are already using licensed or legally operating sponsored community child care programs & providers.

Toll free **1-800-424-2246**

<http://www.NACCRRA.org/MilitaryPrograms>

### **Operation Military Kids (OMK)**

Creating a community support network for children and youth of whose parents are deployed

<http://www.usda-army-ydp.org/omk>

### **Operation Purple Summer Camp**

The National Military Family Association has announced that Army Reserve Child and Youth Services (CYS) were chosen to host 4 of the popular Operation Purple Summer Camps in 2006. NMFA developed this free summer camp programs in response to the need for increased support for military children, especially those whose parents are or will be deployed. The Army Reserve CYS team will join a select list of dedicated teams to host more than 2,500 deserving children at 26 locations in 22 states.

Applications will be available only online. Registration begins March 15<sup>th</sup> and ends May 1<sup>st</sup>. Visit the NMFA Operation Purple web site:

<http://www.operationpurple.org>

### **Military Personnel Offered Free Admission to Adventure Parks**

Any active duty, activated or drilling reservist, or National Guardsman is entitled to free admission under Anheuser-Busch's *"Here's to the Heroes"* program.

He or she need only register online ([www.herosalute.com](http://www.herosalute.com)), or in the entrance plaza of participating parks, and show a Department of Defense photo ID. As many as three direct dependents of military personnel also are entitled to free admission.

Dependents may take advantage of the offer without their service member, though an adult must accompany minor dependents. Busch Gardens Williamsburg and Sea World San Antonio are seasonal operations that will remain closed until spring 2006.

Military personnel interested in visiting those parks should check operating schedules. For Busch Gardens Williamsburg, Sea World San Antonio, Sesame Place. The remaining parks, Sea World Orlando, Busch Gardens Tampa Bay and Sea World San Diego are open year round.

Offer valid for one complimentary single-day admission per person, per year, to one of the following Anheuser-Busch Adventure Parks: Sea World Orlando, San Diego, or San Antonio, Busch Gardens Tampa Bay or Williamsburg, Sesame Place, Water Country USA, Adventure Island.

Inactive, standby and retired reserve members, military retirees, U.S. Merchant Marine and civilian Department of Defense workers are ineligible for the program.

<http://www.herosalute.com>

### **Blue Star Mothers**

Blue Star Mothers is for moms & step moms whose sons & daughters are serving in the armed forces or have been honorably discharged. Other family members can apply for associate membership. Members display a Blue Star banners at their homes to signify a loved ones military deployment.

Active Minnesota Chapters are in Bird Island, Willmar, Alexandra, Moose Lake, Brainerd, Sauk Centre, and Morris. Chapters are forming in Faribault, Owatonna. And the Twin Cities. For details contact Carol Nelson

@ 218-825-9603 or go to

<http://www.bluestarmothers.org/mn.php>

### **Blue Star Banner**



The "Blue Star" Banner shown here is available through local Veterans of Foreign Wars (VFW) Posts or from Department Headquarters. The banner is printed on poster board (card stock 8-1/2" x 11") and is suitable for placement in windows.

Our VFW Posts in Minnesota have been asked to make these available to Family Members of Active Duty Service Members at **NO** cost. Additionally, the VFW would like to know the Service Members name and where they are serving.

The VFW also sponsors an Adopt-a-Unit Program. You can learn more about this program by logging onto our VFW National Web Page at:

<http://www.vfw.org>

### **Gold Star Mothers**



Natural mothers, adoptive mothers or stepmothers, who are citizens or legal residents of the United States or of the territorial and insular possessions of the United States, at the time of their sons or daughters induction into the United States Armed Forces and died as a casualty, killed, captured, missing in action, or as a result of illness or injury received through engagement in the Armed Forces in W.W. I, W.W. II, Korean Conflict, Vietnam, Afghanistan, and other strategic areas, are eligible for membership in American Gold Star Mothers, Inc.



If you meet the membership requirements, we would be happy to have you join us. Just request our [membership packet](#).

First year membership dues are \$15. Subsequent yearly dues are \$12. You will also need a copy of DD Form 1300, Report of Casualty, to submit with your application.

If you care to be part of the AGSM organization please request the membership packet through the link above or contact us at our headquarters listed on the home page.

<http://www.goldstarmoms.com/agsm/Home/index.htm>

### **Gold Star Wives**

Resources for surviving spouses

<http://goldstarwives.org>

### **Write a thank our to a Soldier**

Everyone one is encouraged to write a thank you note to a military service person.

<http://www.operationdearabby.net>

### **American Red Cross**

<http://www.redcross.org/>

Emergency Communications Services

American Red Cross communication services keep military personnel in touch with their families following the death or serious illness of a family member or other important events, such as the birth of a child. The Red Cross quickly sends these communications on behalf of the family to members of the U.S. Armed Forces serving anywhere in the world, including ships at sea, embassies and isolated military units. The information or verification in a message assists the service member's commanding officer with making a decision regarding emergency leave.

How to Contact the American Red Cross to Send an Emergency Message

- Active duty service members stationed in the United States and their immediate family members may call the American Red Cross Armed Forces Emergency Service Centers for help 7 days a week, 24 hours a day, 365 days a year. The toll-free telephone number is available through base or installation operators and from local on-base Red Cross offices.
- Other family members who do not reside in the service members' household, members of the National Guard and Reserves, retirees and civilians may access Red Cross services through their local Red Cross chapter, which is listed in local telephone books (1-877-272-7337)
- <http://www.redcross.org/where/where.html>.

- Overseas personnel stationed on military installations should call base or installation operators or the on-base Red Cross offices.
- At overseas deployment sites, contact the American Red Cross deployed staff.

When calling the American Red Cross to send an emergency message to a family member, it is helpful to have the following information:

Service members:

- Full Name
- Rank/Rating
- Branch of Service
- Social Security Number
- Military Address
- Information about the deployed unit and the home base unit (for deployed service members only) <http://www.redcross.org/services/afes/>
- 

### **Army Emergency Relief**

AER is a private nonprofit organization incorporated in 1942 by the Secretary of War and the Army Chief of Staff. AER's sole mission is to help soldiers and their dependents. AER is the Army's own emergency financial assistance organization and is dedicated to "Helping the Army Take Care of Its Own". AER provides commanders a valuable asset in accomplishing their basic command responsibility for the morale and welfare of soldiers.

AER funds are made available to commanders having AER Sections to provide emergency financial assistance to soldiers - active & retired - and their dependents when there is a valid need.

AER funds made available to commanders are not limited and are constrained only by the requirement of valid need.

Major commanders and their installation/organization commanders through AER sections and other related organizations conduct the AER assistance program within the Army structure.

<http://www.aerhq.org/>

### **Resource Life Lines**

911 Emergency

<http://armyfamiliesonline.org> 1-800-833-6622

1-800-SUICIDE for the National Suicide Hotline

<http://www.suicidepreventionlifeline.org> 1-800-273-TALK (8255)

**Tee Up For The Troops**

Tee it up for the Troops is a non-profit organization established by family and friends of a soldier serving in the US Army. It was created to help honor and recognize the needs of all veterans who have served this nation. In 2006, the event is to be held locally at Mendakota Country Club on 8 September 2006. The goal is to annually make the Friday closest to September 11<sup>th</sup> a national day of golf saluting all those that have answered the call to duty. A 10% donation over the cost of the green fees is requested from other participating golf courses. This program is supported by the Minnesota PGA and the Club Managers Association of America. Additional information, call 952-646-2490 or go to their web site.

<http://www.TeeltUpForTheTroops.com>

**88<sup>th</sup> Regional Readiness Command (RRC) 1-800-the ARMY**

<http://www.usarc.army.mil/88thrsc/>

**United States Army Reserve Command (USARC)**

<http://www.armyreserve.army.mil/arweb>

<http://www.goarmy.com/reserve/nps/>

**United States Army**

<http://www.army.mil/>

**Minnesota National Guard**

<http://www.minesotanationalguard.org>

**Human Resources Command**

<http://www.hrc.army.mil>

**Army Well-Being Information**

<http://www.armyfamiliesonline.org>

**US Department of Defense Health Care Benefits System (TRICARE)**

**1-800-444-5445**

<http://www.tricare.osd.mil/>

**TRICARE Retail Pharmacy Benefits 1-866-363-8779**

<http://www.tricare.osd.mil/pharmacy>

**TRICARE Mail Order Pharmacy Program 1-866-363-8667**

<http://www.express-scripts.com>

**TRICARE Information Service (Medical) 1-800-363-2273**

<http://www.tricare.osd.mil>

**TRICARE informational link**

DoD created an informational link on the TRICARE website at <http://tricare.osd.mil/tricarecost.cfm>. to help educate beneficiaries regarding what TRICARE will cover for certain medical visits and procedures.

<http://tricare.osd.mil/tricarecost.cfm>

**West Region TRICARE 1-888-874-9378 (Minnesota is in the West Region)**

<http://www.triwest.com>

**United Concordia (Dental) 1-800-866-8499**

<http://www.ucci.com>

**Defense Enrollment Eligibility Reporting System (DEERS) 1-800-538-9552**

<http://www.tricare.osd.mil/deers>

**DEERS Updates 1-800-538-9552**

<http://www.tricare.osd.mil/deersaddress>

**Rapid Site Location**

Searches for nearest military ID card office by city, state, or zip code

<http://www.dmdc.osd.mil/rsl/owa/home>

**Social Security 1-800-772-1213**

<http://www.ssa.gov>

**My Pay**

Allows a soldier to manage their pay information, leave and earnings statements, W-2's and much more. Soldiers in combat zone for 30 days or more, a special feature under the Saving Deposit Program provides 10% interest on savings up to \$10,000 while in theater.

<https://mypay.dfas.mil/mypay.aspx>

**Army Outreach Programs**

<http://www4.army.mil/outreach/index2.html>

**AKO (Army Knowledge on Line)**

Provides a link for soldiers and families to communicate through email/chat/forum/Family Readiness Groups. Free anti-virus software for home computers, news channels and 24x7 help desk.

<https://www.us.army.mil/suite/login/welcome.html>

## **ARMY NEWS**

The site features a revamped news section with regional and sectional focuses such as Europe/Africa, Asia/Pacific and Middle East, as well as Technology, Health, and Human Interest. These sections capitalize on the capabilities of the newly activated

### **Soldiers Media Center.**

<http://www.Army.mil/news>

## **AAFES**

### **“Help Our Troops Call Home “**

Anyone can access “Help Our Troops Call Home” program through the link located at [aafes.com](http://aafes.com) The Military Exchange 550 Prepaid Phone Card can be purchased for individual military family members, friends, or select charities. The Military Exchange 550 Prepaid Phone Cards is the best value when calling from OEF/OIF back to the United States. (21 cents per minute and no hidden charges or connection fees and minutes do not expire)

### **Gifts from the Homefront**

Anyone can send “Gifts from the Homefront” gift certificates to individual military family members, friends, or select charities by logging on to [aafes.com](http://aafes.com) or by calling 1-877-770-4438. Bulk purchase may also be made.

<http://www.aafes.com>

### **Army Career & Alumni Program**

The Army Career & Alumni program helps soldiers prepare for the future. To list job opportunities for soldiers retiring or leaving the Army contact

<http://www.acap.army.mil>

To list jobs opportunities for severely wounded or injured soldiers from the War on Terror contact

<http://www.ds3connection.army.mil>

### **Wounded Warrior Program (AW2)**

Provides resources and assistance for wounded military vets.

The Wounded Warrior Project (WWP) was founded on the principle that veterans are our nation's greatest citizens. The WWP seeks to assist those men and women of our armed forces who have been severely injured during the conflicts in Iraq, Afghanistan, and other locations around the world. Many of the injuries are traumatic amputations, gunshot wounds, burns and blast injuries that will retire these brave warriors from military service. The Wounded Warrior Project (WWP) was founded on the principle that veterans are our nation's greatest citizens. The WWP seeks to assist those men and women of our armed forces who have been severely injured during the conflicts in Iraq,

Afghanistan, and other locations around the world. Many of the injuries are traumatic amputations, gunshot wounds, burns and blast injuries that will retire these brave warriors from military service.

<http://www.woundedwarriorproject.org>

### **Military Severely Injured Support 1-888-774-1361 -- Call anytime!**

**Overseas Toll-free:** Dial 0-800-888-0013; Press "05" to make a toll-free call to the USA; Enter 1-888-774-1361 to be connected.

The **Military Severely Injured Center** was officially opened on February 1, 2005. The new center ties together military and other government programs, such as the Army Disabled Soldier Support System and similar programs in the other services, and those run by the departments of Labor and Veterans Affairs.

#### **Mission:**

To prepare severely injured Service members to return to duty or to reintegrate successfully into their hometowns.

#### **Objectives:**

To ensure that all severely injured Service members and their families receive the necessary support. A grateful nation will honor our heroes' service and stand with them.

To provide personalized assistance, tailored to meet an individual's unique needs during recovery and rehabilitation, in include:

- Medical care & rehabilitation
- Education, training and job placement
- Personal mobility and functioning
- Home, transportation and workplace accommodations
- Personal, couple and family issues counseling
- Financial resources

#### **Services:**

- Available 24/7, worldwide at no cost to severely injured Service members and their families

Regional ombudsmen/advocates to interface with and support severely injured Service members and their families

<http://www.militaryhomefront.dod.mil/>

### **Soldiers' Angels Foundation**

Soldiers' Angels is a 501 c 3 non-profit so all donations would be tax deductible.



We not only adopt service members, but we provide transitional backpacks to the wounded and laptops as well for those that are in

the hospital for extended time frames and need access and do not have it.

Soldiers' Angels currently supports thousands of American Service Members stationed wherever we raise our Country's Flag and the number is growing daily. We also work tirelessly supporting our Wounded Soldiers, with backpacks filled with needed items, personal visits, phone calls, etc. Additionally, we send our thanks via letters and email to the military of Great Britain, Poland and Australia who serve by our soldiers side in Iraq.

Soldiers' Angels are dedicated to ensuring that our military know they are loved and supported during and after their deployment into harms way.

A community of Angels has developed projects to provide aid and comfort to our military and their families. Join the many Soldiers' Angels to ensure that no soldier goes unloved. If you would like to assist in adopting a Soldier, Sailor, Airman or Marine, please Click here or to help our one of our Soldiers' Angels Operations come to fruition click here.

<http://www.soldiersangels.org>

### **American War Heroes**

American War Heroes is a 501 (c) 3 nonprofit organization EIN 20-4919355 dedicated to improving and enhancing the quality of life for our injured War Heroes by providing them with emotional, financial and career support from our grateful USA citizens.

<http://www.americanwarheros.org>

### **Hope For The Warriors™**

The **mission** of Hope for the Warriors™ is to enhance quality of life for US Service Members and their families nationwide who have been adversely affected by injuries or death in the line of duty. Hope for the Warriors™ actively seeks to ensure that the sacrifices of wounded and fallen warriors and their families are never forgotten nor their needs unmet, particularly with regard to the short and long-term care of the severely injured.

To accomplish our mission, we have designed special projects and programs that allow and encourage community involvement. On their own, our service members and their families are awe inspiring in the face of their disabilities and hardships – courageous and resolute. But, it is with the support of a grateful nation that they remain unfaltering in their determination and find hope and purpose beyond recovery. As a united support network, all individuals, whether of great or small means, can find an opportunity to

honor those who have willingly sacrificed to defend and protect our freedom. We invite you to take part in the inspirational lives of these young men and women and make it known that they never stand alone.

Hope for the Warriors™ is a civilian organization with 501(c) (3) non-profit status, is not a government agency and is solely supported by the generosity of individual, corporations, and foundations in support and appreciation of those who have sacrificed in the name of freedom.



<http://www.runforthewarriors.org/>

### **Operation Second Chance, Inc.**

#### *Mission Statement*

To aid in the recovery and rehabilitation of wounded service men and women.

To assist in the modification of housing to accommodate disabled veterans.

To assist the families of wounded service men and women.

To facilitate the transition of wounded service men and women back into civilian society.

<http://www.operationsecondchance.org>

### **Wounded Warriors at Walter Reed**

Officials at Walter Reed Army Medical Center are seeking donations for wounded troops who are forced to leave behind personal belongings when medically evacuated from war zones.

Many of the troops "arrive with nothing," said officials from the hospital's Family Assistance Center. Because of the speed with which the most serious wounded are evacuated from Iraq or Afghanistan, their



belongings are often left behind and don't catch up.

So the center is looking for everything from shoes, gloves and winter jackets to postage stamps, prepaid phone cards and razors.

The Family Assistance Center requests that no cash or used items be donated. Among some of the more specialized needs are weight lifting gloves (for use by wheelchair patients); trousers with snaps or zips along the legs; umbrellas; and prepaid gas or grocery cards.

The center also helps patients file claims for personal belongings that were left behind during a medical evacuation. Loss or damage to items can be reimbursed through the system.

Donations can be sent to:

Walter Reed Army Medical Center

Medical Family Assistance Center

Bldg. 2, 3rd Floor, Room 3E01

6900 Georgia Ave, N.W.

Washington, D.C. 2001

Information on the donation programs & the medical center @

<http://wramc.army.mil/Soldiers/MedFac1/index2.htm>

### **Sew for Comfort**

Thank you for your interest in Sew Much Comfort. American military personnel are serving our country in a variety of dangerous situations and locations. As a result of discharging their duties, a number of them are seriously wounded or injured. Modern medical technology is having great success saving the lives of these hero's; however, medicine doesn't address some of their basic needs, such as clothing that will accommodate medical devices and situations - braces, fixators, casts, prosthetics and burns. Many of the wounded troops are left with a hospital gown as their only clothing option.

Sew Much Comfort; **a non-profit 501(c) 3 organization** is filling the "adaptive clothing" need for these special patients. Our mission is to design, create and deliver customized clothing for these brave troops. Adaptive clothing accommodates their medical devices and situations, provides ease of use, personal independence and minimizes the visual impact of their medical condition. The goal is provide each soldier with an individually designed and tailored wardrobe of adaptive clothing, in order to provide them comfort and maintain their dignity, thereby facilitating the healing process.

This project is dependent on the generosity and skill of countless Americans who wish to show their support to the wounded soldiers who have given so much of themselves in serving this country. Please help us give these heroes a tangible symbol of our support for them in all phases of their recovery from battlefield to home.

<http://sewmuchcomfort.org/>

**“Heroes to Hometowns” 1-888-774-1361**

**Heroes to Hometowns** is designed to welcome home Service Members who, because of injuries sustained, can no longer serve in the military. In creating a positive transition home, Heroes to Hometowns inspires community growth and establishes a support network for Service Members and their families that allow them to ease into their hometown or new surroundings.

For information, please call the Military Severely Injured Center at 1-888-774-1361

<http://www.militaryhomefront.dod.mil/>

**Fisher House 1-800-294-8560**

The Fisher House provides a home away from home to enable families to be closer to a loved one at a most stressful time – during hospitalization for an illness, disease or injury. You can contact them at Fisher House Foundation, Inc., 1401 Rockville pike, suite 600, Rockville, MD 20852; 301-294-8560

**Dee Oliver, Director of Public Affairs, MVH-Minneapolis (612)728-3178**

[deoliver@mpls.mvh.state.mn.us](mailto:deoliver@mpls.mvh.state.mn.us)

<http://www.fisherhouse.org>

**Tragedy Assistance Programs for Survivors (TAPS)**

<http://www.taps.org>

**My Soldier**

<http://www.mville.edu/mysoldier/index.html>

**Letters from Home**

<http://www.lettersfromhomeprogram.org>

**Operation Gratitude**

<http://www.opgratitude.com/website2>

**Operation Tribute to Freedom**

<http://www4.army.mil/otf/indexflash.php>

**Freedom Team Salute**

<http://www.secureweb.hqda.pentagon.mil/ftspublic/>

**Military Student**

<http://www.militarystudent.org>

## **Veterans Administration**

<http://www.va.gov>

**Apply for Health Benefits (Health Benefits Advisor 1-800-827-1000)**

<http://www.1010ez.med.va.gov/sec/vha/1010ez/>

**Apply compensation, Pension, or Vocational Rehabilitation benefits on line:**

<http://vabenefits.vba.va.gov>

**Facilities Locator**

<http://www.va.gov/sta/guide/home.asp>

**Education (GI Bill)**

<http://www.gibill.va.gov>

**Loan Guaranty**

<http://www.homeloan.va.gov>

**Veterans Service Organizations**

<http://www.va.gov/vso/default.asp>

**State Veterans Affairs Offices**

<http://www.va.gov/partners/stateoffice/index.htm>

**The Center for Women Veterans**

<http://www.va.gov/womenvet/>

**Information on re-employment rights and unemployment insurance**

<http://www.dol.gov>

**Burial and Memorial Benefits (1-800-827-1000)**

<http://www.cem.va.gov/burial.htm>

**VA Life Insurance 1-800-669-8477**

<http://www.insurance.va.gov/>

**Veterans Centers of the VA (Mental Health)**

<http://www.va.gov/res>

### **Veteran Military Service Awards**

VA is offering information about the campaign on its Web page, where veterans also can obtain information on the correct order of precedence for each military service's award, about how to replace mislaid medals, and learn how to confirm the decorations to which they are entitled.

<http://www.va.gov/veteranspride/>

### **PTSD and Combat Veterans**

Studies of PTSD patients in general have suggested as many as half may enjoy complete remission and the majority of the remainder will improve. Research has led to scientifically developed treatment guidelines covering a variety of modern therapies with which clinicians have had success. Treatments range from psychological first aid to cognitive behavioral therapy. Psychopharmacology may include drugs such as Zoloft or Paxil -- with newer drugs under studies now in progress. More information about VA's PTSD programs is available at

<http://www.va.gov/opa/fact/docs/ptsd.doc>

<http://www.ncptsd.va.gov>.

### **Additional Resources**

#### **Combat Veterans Information**

<http://www.va.gov/Environagents/page.cfm?pg=16>

#### **Transition Assistance Program**

<http://www.va.gov/opa/fact/transst.asp>

#### **Survivors Benefits**

<http://www.vba.va.gov/survivors/index.htm>

#### **Women Veterans Information**

<http://www.vba.va.gov/bln/21/Topics/Women/>

### **Service Organizations**

#### **Department of Veterans Affairs Minnesota (651-296-2562)**

<http://www.mdva.mn.us>

#### **Military Order of the Purple Heart (612-970-5667)**

An Organization Chartered by Congress and Recognized by VA for Claim Representation.

In Minnesota they are located in the 208 Veterans Building, St Paul, MN 55155  
Office 651-565-3864

<http://www.purpleheart.org/>

**American Legion (651-291-1800)**

<http://www.mnlegion.org>

**Veterans of Foreign Wars (651-291-1757)**

<http://www.vfw.state.mn.us/>

**Disabled American Veterans (651-291-1212)**

<http://www.davmn.org>

**Marine Corp League (952-445-0530)**

<http://www.mcleague.com>

**AMVETS (701-451-4642)**

<http://www.amvets.org>

**Disabled American Veterans (651-291-1212)**

<http://www.davmn.org>

**Americans Ex-Prisoners of War (651-291-2436)**

[http:// www.axpow.org](http://www.axpow.org)

**Vietnam Veterans of America (651-224-6345)**

State Veterans Service Bldg

20 West 12th St #121

St Paul, Minnesota 55155 USA

<http://www.vva.org>

**The Retired Enlisted Association (TREA) Chapter 115**

Premier source of grassroots lobbying, legislative and health care information for active duty and retired enlisted personnel.

<http://www.trea.org/>

**Air Force Sergeants Association Chapter 858**

<http://afsa858.home.att.net/>

**Military Officers Association of America (MOAA) 1-800-234-MOAA (6622)**

Over 360,000 - members provides benefit information, educational assistance, TOPS The Officer Placement Service, insurance services, health services, financial services, travel assistance, and MOAA Wireless.

<http://www.moaa.org>

### **Reserve Officers Association of the United States (ROA)**

Their purpose is to promote the development and execution of military policy for the United States that will provide adequate national security. ROA member services offer insurance, Visa credit cards, National car rentals, pharmacy service and discounts to the Army Times.

<http://www.roa.org/>

### **Association of the United States Army (AUSA)**

Over 100,000 members, AUSA member benefits include health insurance, long term/eldercare AUSA bank card, Vision One Eyecare, Choice hotels, Army Times discounts, Wells Fargo educational loans, Hertz, Avis, National, Alamo, Budget rental car, Armed Forces Services Corp, and CD's and money market accounts. (703)-841-4300 or (800)-336-4570 for member services

<http://www.auasa.org>

### **General John W. Vessey AUSA Chapter**

To be the voice for the Army and carry the message into our communities, civic and social organizations, and our employers on how important a strong and responsive Army force is needed in today's ever changing and challenging world. They have also provided support for the wound veterans and their families at the Minneapolis VA.

<http://www.vessey5401.org>

### **Employer Support to the Guard and Reserve (ESGR) (1-800-336-4590)**

Local ESGR leaders are available to assist you in ESGR-related matters that do not require intervention with an employer. IF YOU NEED ASSISTANCE WITH YOUR EMPLOYMENT SITUATION, PLEASE CALL OUR TOLL FREE NUMBER, 1-800-336-4590. If you have other ESGR related matters, contact the appropriate local committee. Their phone numbers, fax numbers and e-mail addresses are provided for ESGR-related issues only. We request that companies do not use this information for solicitation purposes out of consideration for our volunteers.

<https://www.esgr.org>

### **United Veterans Legislative Council of Minnesota**

A consortium of Veterans, Military, and Auxiliary Organizations to exchange information and support issue relating to entitlements for Veterans, Military Retirees, the National Guard and Military Reservists, and their dependents and survivors.

Veterans Service Bldg, Room 200, 20 West 12<sup>th</sup> Street, St Paul, MN 55155-2079  
<http://www.mnuvlc.org/>

### **MACV**

Minnesota Assistance Council for Veterans is a statewide nonprofit serving veterans for over 13 years. It maintains offices in Minneapolis, Mankato, and Duluth. Its mission is to assist and support veterans and their families with services focused on housing, employment, and legal support. For assistance, a veteran can call Minneapolis (612-726-1327), Mankato (507-345-8258), or Duluth (218-722-8763).

<http://www.mac-v.org>

### **Team USA Hockey**

Your company can support our local military personnel by entertaining them to the best professional hockey has to offer, the TEAM USA games of the 2004 World Cup of Hockey this September at Xcel Energy Center! Utilizing this event for a great cause, an economical sponsorship has been created including recognition elements, and tickets purchased being allocated to Minnesota military members. For more information, contact [Mike Kimbell](#), Minnesota Wild at 651.312.3481

### **Operation Hero Miles**

Operation Hero Miles provides a way to help our troops stationed in Iraq and Afghanistan by donating unused frequent flyer miles. Efforts are underway to make the donated miles more broadly available to all U.S. military personnel.

<http://www.heromiles.com>

### **Help Our Troops Call Home**

Military Exchange Prepaid Calling Cards: The Department of Defense Military Exchanges have been authorized to sell prepaid calling cards to individuals and organizations who wish to purchase these cards for our troops serving overseas in Operation Enduring Freedom and Operation Iraqi Freedom. **1-800-527-2345**

<http://www.usmc-mccs.org/>

### **AnySoldier.US**

Send a care Package to any soldier in “harm’s way”

<http://www.anysoldier.us>

### **Defend America**

A Department of Defense site. Send an e-mail to those who are defending our country.

<http://www.defendamerica.mil/nmam.html/>

### **Adopt a Platoon**

The AdoptaPlatoon Soldier Support Effort™ founded in 1998 is a nonprofit 501C-3 organization managed nationwide by volunteer mothers to ensure that deployed United States Service members in all branches of the military are not forgotten by providing needed mail support and to promote patriotism in our schools and communities. To provide a better deployment quality of life, lift morale, and assist military families, the AAP created projects that meet the need of military requests, established special projects for holidays, and assigns individual morale lifting mail support to service members of all branches of the U.S. military serving their Nation around the world.

<http://www.adoptaplatoon.org/>

### ***Donation to one of the military relief societies:***

#### **Army Emergency Relief**

AER is the Army's own emergency financial assistance organization and is dedicated to "Helping the Army Take Care of Its Own". AER provides commanders a valuable asset in accomplishing their basic command



responsibility for the morale and welfare of soldiers. <http://www.aerhq.org/>

### **Navy/Marine Corps Relief Society**

The mission of the Navy-Marine Corps Relief Society is to provide, in partnership with the Navy and Marine Corps, financial, educational, and other assistance to members of the Naval Services of the United States, eligible family members, and survivors when in need; and to receive and manage funds to administer these programs.

<http://www.nmcrcs.org/index.html>

### **Air Force Aid Society**

The AIR FORCE AID SOCIETY (AFAS) is the official charity of the U.S. Air Force. It promotes the Air Force mission by helping "to relieve distress of Air Force members and their families and assisting them to finance their education. <http://www.afas.org/index.htm>

### **Veteran Transition Center/Comfort for Courage**

The Veterans Transition Center is Comfort for Courage's latest achievement and was recently established on the University of Minnesota campus to help Veterans smoothly make the transition from military to civilian life.

The VTC is located in Room 15 of Eddy Hall and provides Veterans with a one-stop-shop for resources to help them with a variety of needs, such as GI Bill benefits and physical and psychological needs.

In addition, the VTC aims to offer Veterans a place where they can meet and start forming bonds with other student Veterans that can relate to them

On University of Minnesota assists veterans transitioning from the military to college Comfort for Courage is a student-led movement at the University of Minnesota, which recognizes the role U.S. service members hold in the defense of our nation and the protection of our shared freedoms.

We collect, manage and distribute resources for the sole purpose of providing comfort for deployed service members and their families.

Comfort for Courage is a non partisan organization that brings people together through our shared respect for and desires to help our nation's heroes, many of whom are our friends and classmates.

[Veterans Transition Center](#)  
[15 Eddy Hall](#)  
[192 Pillsbury Drive SE](#)

Minneapolis, MN 55455  
<http://www.comfortforcourage.org/>

### **Army Spouse Employment Partnership (The website for Army Families)**

**What is it?** The Army Spouse Employment Partnership (ASEP) is a self-sustaining and expanding partnership that is mutually beneficial to the Army and corporate America. The partnership provides Army spouses the opportunity to attain financial security and achieve employment goals through career mobility and enhanced employment options. Corporate partners are provided the capability to tap into a readily available, diverse and talented pool of candidates.

**What has the Army done?** In October 2003, the Army formally signed a Statement of Support with 13 Fortune 100 and Fortune 500 companies and two military agencies who pledged their best efforts to increase employment and career opportunities to spouses. The Army has been conducting ongoing quarterly meetings chaired by Mr. John P. McLaurin, Deputy Assistant Secretary of the Army for Human Resources, since the program inception. Currently, there are 21 ASEP partners from the private sector and the military. Current partner companies include:

Adecco;  
United States Army;  
Army Career and Alumni Program;  
Army and Air Force Exchange Service;  
BellSouth;  
Boys and Girls Clubs of America;  
Computer Sciences Corporation;  
Concentra Incorporated;  
CVS/pharmacy;  
Defense Commissary Agency;  
Dell Incorporated;  
Department of the Army Civilian Personnel Office;  
EURPAC Service Incorporated;  
Home Depot;  
Hospital Corporation of America;  
Lockheed Martin;  
Manpower Incorporated;  
Sabre Holdings/Travelocity;  
Sears Holdings Corporation;  
Sprint;  
Sun Trust Bank; and  
United Services Automobile Association.

In July 2005, the military spouse job search website, hosted by ASEP, was launched. This site is an association page with the Department of Labor's America's Job Bank that

provides military spouses a portal for their resumes and allows ASEP partners the opportunity to post jobs on the site.

<http://www.myarmylifetoo.com/>

### **Welcome to MilSpouse.org**

MilSpouse.org is your resource library for military spouse [employment](#), [education](#) and [relocation](#) information. Here you will find thousands of links to employment related information and other resources for military spouses and military families.

<http://milspouse.org>

### **CinCHouse – The nonprofit community of military wives and women**

Volunteer organization of military wives, created to help military wives and women in the military manage day-to-day life.

<http://www.cinchouse.com>

### **The Military Family Network**

<http://www.emilitary.org>

### **Army Family Team Building/Army Family Plan Program (AFTB/AFAP)**

<http://www.goacs.org>

### **Army Reserve Family Programs Office (612-713-3324)**

ARFP is committed to offering education, training, awareness, outreach, information, referral, and follow-up. Our mission and vision statements reflect our commitment to the Army Reserve community.

<http://www.arfp.org>

### **Minnesota National Guard Family Programs (1-888-234-1274 or 651-268-8200)**

Provides links to organizations and businesses that are providing support to our National Guard members and their families.

<http://www.dma.state.mn.us/familyprograms/index.htm>

### **Operation Smart Web (Information on joining the US Army Reserve)**

Contact a recruiter at 1-800-usa-army, ext 181

<http://www.goarmyreserves.com>

### **Army Reserve Ambassador web page**

The web page provides biographical information and how to contact your Army Reserve Ambassador

[http://www.armyreserve.army.mil/ARWEB/OUTREACH/MN\\_Ambassadors.htm](http://www.armyreserve.army.mil/ARWEB/OUTREACH/MN_Ambassadors.htm)

### **“Kids Thank A Veteran”**

My name is Cherie Reid and I am a teacher in Howell, New Jersey. I have created a website called “Kids Thank A Veteran” at [www.kidsthankavet.com](http://www.kidsthankavet.com). I hope that this website will eventually spread across the United States to children of all nationalities, ethnic backgrounds and economic levels. It has one primary purpose – to have children thank a Veteran for serving. Every child that thanks a Veteran will be able to go to the site, and register its first name and state so that I can keep a National tally. I truly feel that many of our children do not appreciate our American Veterans and the important part they have played in securing our American Freedoms. This simple gesture of saying "Thank you for serving" will cause them to become aware of our Veterans, and hopefully, these students will continue this practice throughout their lives. The secondary purpose is education. I have researched information on a variety of topics, which include:

- ☐ What is a Veteran?
- ☐ Information on Veteran holidays and military awards
- ☐ Our American flag (also POW/MIA flag)
- ☐ Military services and academies
- ☐ Groups that help Veterans
- ☐ Women in the military
- ☐ Those who have sacrificed
- ☐ Memorials/cemeteries
- ☐ Teacher activities (including songs, puzzles, etc.)
- ☐ Patriotic crafts
- ☐ Children's book suggestions
- ☐ Veteran photo page

This site is strictly for educational purposes and will be closely monitored so that it will be a safe site for children to visit. Veteran’s pictures that are submitted for the photo page, will come to me first so that inappropriate pictures will not be posted. All comments that are submitted will also be monitored.

The next step I will be taking is to let people know that this tribute website exists. This will be a massive undertaking, which will include publicity, handouts, letters to every state educational system, etc. I am determined to continue this project and to make it a success, and would appreciate any help you could give me. Any donations to “Kids Thank A Veteran” would go directly to website expenses. I have included a navigation button on my site to give recognition to any groups that help with this project. If you have any questions, please feel free to give me a call at 732-349-6394 and please visit “Kids Thank A Veteran”.

Cherie Reid, Director

338 Ashford Road, Toms River, NJ 08755

<http://www.kidsthankavet.com>

### **Hero Bracelets**

Our aim is to raise money to help build a world-class advanced training skill facility at Brooke Army Medical Center in San Antonio, Texas. The center will serve military

personnel catastrophically disabled in operations in Iraq and Afghanistan as well as military personnel and veterans severely injured in the normal performance of duties. \$2 from each HeroBracelet or tag sold is donated to the Intrepid Fallen Heroes Fund for this purpose.

<http://www.herobracelets.org/>

### **MGIB Transferability**

The Army announced on July 21, 2006 the implementation of a pilot program allowing Soldiers in critical skills that reenlist the ability to transfer up to 18 months of their Montgomery GI Bill benefits to their spouse.

The requirements are - enlisted Soldiers who:

- \*Have completed at least six years of service
- \*Reenlist for a minimum of four years
- \*Qualify for a Military Occupational Specialty (MOS) specific Selective Reenlistment Bonus (SRB)
- \*Are entitled to a Zone B or Zone C bonus

Soldiers can choose between a full SRB or a slightly reduced SRB plus the ability to transfer more than \$18,000 in benefits.

The Army will study the results of the program with the possibility of making it a permanent part of the Army's reenlistment policies.

"The Army continues to focus on and provide support to Soldiers' families because it is the right thing to do, and because we know that we recruit Soldiers, but retain families," said Maj. Gen. Sean Byrne, director of Army Military Personnel Management.

Soldiers interested in participating in the program should visit their servicing Career Counselor for information.

Check out the following:

**MILPER Message # 06-205**

**MGIB Transferability Brochure**

**MGIB Transferability Questions & Answers**

<http://www.education.military.com/money-for-school/gi-bill/additional-gi-bill-features>

### **Program for Soldiers/Retirees to Earn \$2,000 Referral Bonus Expanded**

The latest recruiting incentive that will pay Soldiers a **\$2,000** lump sum payment for referring applicants who enlist, complete basic training, and graduate advanced individual training has been expanded. Effective 1 June 2006, Army Retirees are eligible to provide

referrals under this program and receive the \$1K bonus by referring persons that have not previously conducted an appointment with a recruiter.

The Secretary of the Army may pay a bonus to any Soldier or retiree who refers to an Army recruiter a person who has not previously served in the Armed Forces and enlists in the Active Army, Army National Guard or the Army Reserve. The referral may not be an immediate family member and the referring Soldier or retiree may not be serving in a recruiting or retention assignment.

The referral must be made by the Soldier/retiree prior to the new recruit's first meeting with a recruiter to be eligible to receive the bonus.

<http://www.usarec.army.mil/>

<http://www.1800goguard.com/esar>

### **Military Care Packet Kit** (from the United States Postal Service)

Since Priority Mail supplies are the packing of choice for families preparing care packages for service members overseas, the USPS has created a “**Military-Kit**” based on the items most frequently requested by the military.

The kit contains:

- Three (3) each of flat rate boxes O-FRB1 & O-FRB2  
(Shipping is **only \$8.10** regardless of actual weight of the piece.)
- Two each of cube boxes OBOX4 & OBOX7
- Address labels – Label #228 (10 each)
- One roll of Priority Mail tape
- 15 customs forms with envelopes  
(Use PS Form 2976 for pieces weighing under 1 pound)  
(Use PS Form 2976-A for pieces weighing over 1 pound)

The kit may be requested by calling **1-800-610-8734 (Packing Supply)**:

1. Choose your language (1 is English, 2 is Spanish).
2. Choose option 1 (it states it is for Express Mail, Priority Mail or Global Express Guaranteed products).
- 3.** When you reach a live agent, request **CAREKIT04**
4. Please allow 7-10 days for delivery.

**NOTE; THESE ARE FREE SUPPLIES, POSTAGE MUST BE AFFIXED TO ALL PACKAGES**

### **Veterans Airlift Command (952-582-2911)**

The VAC is a not-for-profit organization that connects pilots, plane owners and others who work together to make life a little easier for our veterans and their families by providing air transport and related ground transportation to and from medical centers.

We're essentially a scheduling organization, funded entirely by donations from private individuals and corporations.

Our priority is on the veterans of Iraqi Freedom and Enduring Freedom (Afghanistan). As capacity allows, our mission will expand to veterans of other wars and their families. Donors, pilots and plane owners: Find out more and get involved.

**Social workers, veterans and families:** Call to learn about guidelines and obtain registration forms.

<http://www.veteransairlift.org>

## **America Supports You**

### [How You Can Receive Help](#)

Many non-profit organizations want to help meet your needs. These groups send care packages, donate airline miles to help reunite returning military men and women with their families, support scholarship funds or send support to wounded service members. Using the links on this page you will find more than 150 non-profit organizations that have joined the America Supports You team and are dedicated to helping you and your families.

### [How You Can Help](#)

Thank you for joining millions of your fellow Americans in wanting to find ways to show support for our military. Whether you want to send a care package to a soldier, donate airline miles to help reunite returning military men and women with their families, support scholarship funds or send support to wounded service members, on this page you will find over 150 non-profit organizations dedicated to helping our troops and their families.

If you know of a non-profit organization in your community focused on helping our soldiers, sailors, airmen, Coast Guardsmen, Marines and National Guardsmen that is not currently listed, please [contact](#) America Supports You today to have them join the team.

[Computer Donation](#)

[Other Support](#)

[Donate Frequent Flyer Miles](#)

[Phone Cards](#)

[Entertainment for the Troops](#)

[Scholarships for Military Children](#)

[Event Sponsorship](#)

[Send Care Packages](#)

[Gift Certificates](#)

[Service Aid Societies](#)

[Help for the Wounded](#)

[Training and Placement for Veterans](#)

[Helping Troops Help Others](#)

[Tragedy Assistance](#)

[Homes for Disabled Troops](#)

[Video Conferencing](#)

[Letters and Messages](#)

[Veteran Service Organizations](#)

[Military Family Support](#)

### **Disclaimer**

The appearance of hyperlinks does not constitute endorsement by the Defense Department of linked sites or the information, products or services contained therein. For other than authorized activities such as military exchanges and Morale, Welfare and Recreation sites, the Defense Department does not exercise any editorial control over the information you may find at these locations. Such links are provided consistent with the stated purpose of this DoD Web site.

<http://www.americasupportsyou.com/americasupportsyou/index.aspx>

### **Lets Say Thanks**

If you go to the web site you can pick out a thank you card and Xerox will print it and it will be sent to a soldier that is currently serving in Iraq. You can't pick out who gets it, but it will go to some member of the armed services. It is FREE and it only takes a second. Wouldn't it be wonderful if the soldiers received a bunch of these? I sent mine, now you send one too!

<http://www.letssaythanks.com/>

### **Veterans on the Lake Resort**

Veterans on the Lake, is a not for profit organization will provide a barrier free setting for memorable outdoor recreation experience for disabled veterans, veterans, their families, friends and supporters. It is designed "with Veterans in Mind" while recognizing what they have contributed to and scarified for our nation.

Veterans on the Lake Resort, is situated on 25 acres of Superior National Forest land and 2,700 feet of shoreline. They have year around accessibility to the Tomahawk and Taconite Trails for snowmobiling and hiking enjoyment. They have dining facilities, gift and bait shop, sauna, and on site creation. Some cabins have wheelchair accessibility. Several cabins are available during the winter months.

Veterans on the Lake Resort

161 Fernberg Road

Ely, MN 55731-9346

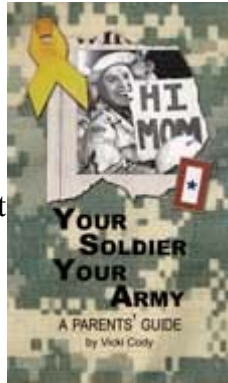
Phone 218-365-6900 Fax 218-365-3749 Toll free 1-800-777-7538



<http://veterans-on-the-lake.com>

### **Your Soldier, Your Army: A Parents' Guide**

*Your Soldier, Your Army: A Parents' Guide* was written by Vicki Cody, wife of GEN Richard Cody, Vice Chief of Staff, U.S. Army, and the mother of two Apache helicopter pilots with the 101st Airborne Division (Air Assault). Mrs. Cody turns her own 30-year experience as the wife and mother of Soldiers into advice and consolation for other parents with deploying children. The book's tone is warm and confidential with an honest mix of pride and tribulation, a tone that appeals to concerned parents. Mrs. Cody covers the whole gamut of deployments, from the preparation through the endurance to the homecoming, and includes a personal view into Army life and an explanation of Army terminology. Supplemental articles and exclamation points feature tips and facts about the Army.



<http://www.ausa.org/webpub/DeptFamilyPrograms.nsf/byid/KCAT-6HCH3X>

### **“Courage After Fire” with forward by Senator Bob Dole**

The book is recommended reading for soldiers and their families. “Courage After Fire” is a re-adjustment guide for military personnel returning from Iraq and Afghanistan and their families.

- Reconnecting with loved ones
- Combating war reactions
- Resources to help re-adjustment
- Returning to work and community

Available at book stores nation wide or online at <http://www.Amazon.com>

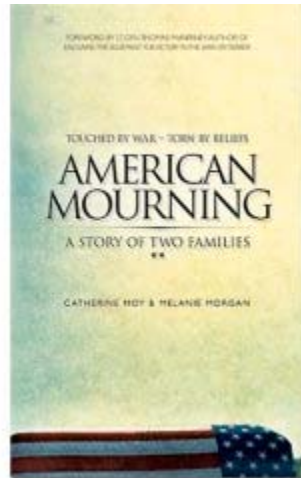
Ulysses Press publisher

**1-800-377-2542**

<http://www.courageafterfire.com>

### **American Mourning:**

The Intimate Story of Two Families Joined by War, Torn by Beliefs (Hardcover) Authors Catherine Moy and Melanie Morgan

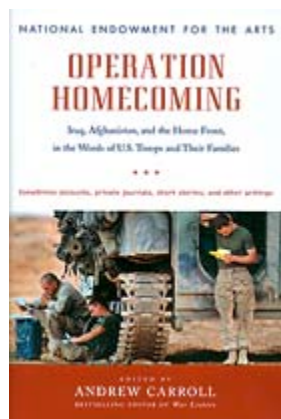


<http://www.amazon.com/American-Mourning-Intimate-Families-Beliefs/dp/1581825404>

### **“Operation Homecoming”**

The book features almost 100 writings--including journal entries, letters, short stories, and e-mails sent to friends and family from the front. The writings express the range of emotions of life during wartime -- the severity of combat, the heartache of loved ones on the home front, the tedium and humor in day-to-day life in a war zone, and tearful homecomings for those returning to the States.

"*Operation Homecoming* is important on three levels--the human, historic, and literary," said NEA Chairman Dana Gioia. "In human terms, the program and the resulting anthology have helped our troops and their families express their thoughts about the experience of wartime. *Operation Homecoming* has historic importance in creating personal accounts of the war by individuals who would not normally be heard. In artistic terms, this book will help discover new literary talent."



<http://www.nea.gov/national/homecoming/booktourdates.html>

## **Minnesota Military Absentee Voting (651-296-2803 or 1-877-600-8683)**

You can vote by absentee ballot if you are unable to vote in person on Election Day because you are:

- away from home
- ill or disabled
- an election judge serving in a precinct other than your own
- unable to go to the polling place due to a religious observance or belief.

**Note: The easiest way to vote by absentee ballot is to do so in person, at your county auditor or city or township clerk's office, starting 30 days prior to Election Day.**

Contact your county auditor for details ([click here](#) for county contact info).

The application and instructions for absentee voters voting through the mail can be found here:

- [Absentee Ballot Application](#)
- [Instructions To Registered Absentee Voter](#)
- [Instructions To Non-Registered Absentee Voter](#)

To obtain an absentee ballot through the mail, complete the Absentee Ballot application and send it to your county auditor ([click here](#) for county contact info). Your ballot will be sent to you when it is ready (as early as 30 days before Election Day).

### Military Absentee Voting

If you are a Minnesota resident visiting or living abroad, you may vote by absentee ballot. We want to make it as easy as possible for you to vote, even as you are away from home, and we will do everything we can to make sure your vote counts.

To apply for an absentee ballot you simply fill out the Federal Postcard Ballot Application and mail or fax it to [your county auditor](#).

### Federal Postcard Ballot Application

**Note: Your absentee ballot must be received in your precinct by Election Day when the polls close, or it will not be counted. So, apply and send in your ballot early.**

Note: If you permanently reside outside the United States you are eligible to vote for Federal offices, including President, US Rep and US Senate. If you are temporarily outside the US you are eligible to vote the entire ballot including local offices.

For more information, you may also call the Department of Defense Federal Voting Assistance Program at 1-800-438-VOTE (8683), or our office at 1-877-600-VOTE. The DOD is the resource for all overseas US citizens.

<http://www.sos.state.mn.us>

### **Cardinal Stritch University**

**Cardinal Stritch University offer 25% discount to Vets and Active duty troops.** As a leader in adult education, Cardinal Stritch University is proud to be one of the first to offer business degree programs exclusively for working adults. Stritch's College of Business offers career-focused certificate programs and undergraduate and graduate business degree programs. To conveniently meet the needs of adult learners, the College has expanded to three regional campuses and 19 classroom locations throughout Wisconsin and Minnesota.

Cardinal Stritch University  
3300 Edinborough Way Suite 320  
Edina, MN 55435  
Paul Ives  
Director of Corporate Relations  
Phone: (952) 835-6418 x.30

<http://www.stitch.edu/>

### **Operation Homelink™**

#### **Free computers for spouses or parents of deployed soldier in ranks E1-E5-**

Operation Homelink™ provides free refurbished computers to the spouses or parents of junior enlisted (E1 –E5) U.S. deployed service men and women enabling email communication with their loved one deployed overseas. We offer this service on behalf of our Donor Corporations as a way to demonstrate their support of our brave men and women serving their country.

<http://www.operationhomelink.org>

### **Operation Up Link – free phone cards**

<https://www.operationuplink.org>

### **Any Soldier**

Want to send your support to a Soldier in harm's way,  
but have no idea of what to send, who to send it to, or how to send it?  
For Soldiers only to sign up for sponsoring soldier care packages for theater.

<http://anysoldier.com/ForSoldiersOnly.cfm>

### **Operation Shoe Box. – free shoe box care packages**

<http://www.operationshoebox.com>

### **Treat the Troops – free cookies**

<http://www.treatthetroops.org>

### **Free Care Packages**

<http://bluestarmoms.org/care.html>

**Free Air travel for Emergency Leave for the family members of injured soldiers to travel to Medical facility**

<http://www.heromiles.org>

**Blue Star Mothers of America, Inc** -Airline discounts for R & R.

<http://www.bluestarmothers.org/airlinespecials.php>

**Blue Star Mothers of America-** lowest airfare available

<http://bluestarmoms.org/airfare.html>

**Free Books, DVD's, CD's**

<http://www.booksforsoldiers.com/forum/index.php>

**Military Mom's**-Free care packages (your family member signs up to have sent to you).

<http://www.militarymoms.net/sot.html>

**Operation Military Pride** -Free care packages.

<http://operationmilitarypride.org/smsignup.html>

**Treats for Troops** -Free gifts and care packages.

<https://www.treatsfortroops.com/registration/index.php>

### **US Army Freedom Team Salute Program**

The FTS program provides Soldiers with a means to recognize their supporters: spouses, parents, and employers of National Guard and Reserve Soldiers. Honorably discharged veterans may likewise nominate themselves for recognition under this program.

Nominees will receive an Army lapel pin, an Army decal, a certificate and letter signed by the Secretary of the Army and the Chief of Staff of the Army thanking them for their support.

<http://www.freedomteamsalute.com/>

### **United Way 211**

Your community help line, free confidential information 24/7

Find local information about

Education	Senior Services
Health Services	Childcare
Legal Help	Food
Transportation	Housing
Counseling	Employment
Youth Services	And much more

<http://www.211unitedway.org>

### **Children's Home Society & Family Services Employee Assistance Programs**

651-635-0477 or 800-332-0477

<http://www.chsfs.org>

Back in school issues- Get smart about bullying.

<http://kidshealth.org/parent/emotions/feelings/bullies.html> (for parents)

National PTA Safeguarding Your Child at school, helping children deal with a school Bully

[http://www.pta.org/archive\\_article\\_details\\_1117637268750.html](http://www.pta.org/archive_article_details_1117637268750.html)

## **Operation AC – sending supplies to our troops**

Operation AC offers the premier method for Americans to adopt US Military Service Members online in realtime, shop for their needs in the Virtual CareBox...

### **Virtual Carebox launches!**

Operation AC offers the premier method for Americans to adopt US Military Service Members online in realtime, shop for their needs in the Virtual CareBox, Operation AC staff packs and ships everything for you and your service member gets their Virtual CareBox from us expedited. ALL purchases for your adopted service member are 100% tax deduction eligible. Operation AC is a non-profit 501(c) charity.

Virtual CareBox is the LOWEST cost ANYWHERE for Altama Ripple Sole Combat Boots, the new Altama Exo-Speed Desert Tactical Boot and the new US ARMY COMBAT UNIFORM made by Propper. We offer a large array of gear, electronics MP3 players, Playstation 2 games and consoles, and personal care items, px and mx gift certificates, AT&T international phonecards all for our US Servicemembers to choose and for sponsors to purchase for their adopted servicemember. You are getting them something they need to make their deployment easier, you are getting a trooper to help. Our troops get a sponsor who will let them know they are not forgotten and are appreciated.

We have always strived to get the troops what they want and need and be the very best at what we do. We have added staff, we have added warehousing and now we offer this to ALL members of the US Military and their supporters. Operation AC is a member organization of DoD sponsored, America Supports You network.

<http://operationac.com/>

## **Save and Invest**

SaveAndInvest.org is your source for objective answers, unbiased investing resources and straight-talking financial information and tools. It's a free service of the NASD Investor Education Foundation—helping you to protect yourself from costly mistakes and learn more about handling your finances. So there's no sales pitch. No confusing advice. Just the help you need to make smart decisions for your future.

<http://www.saveandinvest.org>

Additional websites

[Wounded Warriors](#)

[Operation Second Chance](#)  
[Camp Lejune II Marine Expeditionary](#)  
[Angels Of Mercy](#)  
[Armed Forces Foundation](#)  
[Azalea Charities Aid for Wounded Soldiers](#)  
[Coalition to Salute America's Heroes](#)  
[Comfort for America's Uniformed Services Elite](#)  
[Fisher House Foundation](#)  
[Helping Our Heroes Foundation](#)  
[Injured Marine Semper Fi Fund](#)  
[Kids for our Troops](#)  
[www.national/military.asp](#)  
[www.unmetneeds.org](#)  
[www.hiddenheroes.org](#)  
[www.forthefallen.org](#)  
[www.saveandinvest.org](#)  
[www.americasaves.org](#)  
[www.usacares.us](#)  
[http:www.militaryonesource.com/skins/MOS/home.aspx](#)

[www.coraworks.com](#)

[www.freedomisnotfree.com](#)  
[www.militarybenefits.com](#)  
[www.militarywebcom.org](#)  
[www.military.com](#)  
[www.operationhomefront.net](#)  
[www.servingthosewhoserve.com](#)  
[www.unmetneeds.com](#)  
[www.americasupportsyoudmil](#)  
[www.militaryconnection.com](#)  
[www.resourcesforsoldiers.com](#)  
[http://www.veteransforcommonsense.org](#)  
[http://www.operationhomefront.net](#)  
[http://www.socom.mil/care\\_coalition](#) SOF Specific  
[www.corporalnich.org](#)  
[www.OIFfamilyfund.org](#)  
[www.operationfamilyfund.org](#)  
[http://soldierfund.org/](#)  
[www.waveandinvest.org](#)  
[www.americasaves.org](#)  
[www.national/military.asp](#)  
[Operation Second Chance](#)